



National Nutrient Database for Standard Reference  
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Statistics Report 14034, Alcoholic beverage, creme de menthe, 72 proof

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	28.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Energy	kcal	371	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Energy	kJ	1552	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2005
Protein	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Total lipid (fat)	g	0.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Ash	g	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Carbohydrate, by difference	g	41.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Sugars, total	g	41.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
<strong>Minerals</strong>													
Calcium, Ca	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Magnesium, Mg	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Phosphorus, P	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Potassium, K	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Sodium, Na	mg	5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Zinc, Zn	mg	0.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Copper, Cu	mg	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Manganese, Mn	mg	0.040	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Selenium, Se	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1986
Thiamin	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Niacin	mg	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Pantothenic acid	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Vitamin B-6	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Folate, total	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

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8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total monounsaturated	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.167	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:2 undifferentiated	g	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:3 undifferentiated	g	0.109	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	09/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
<b>Amino Acids</b>													
Tryptophan	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Threonine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Isoleucine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Leucine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Lysine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Methionine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Cystine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Phenylalanine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Tyrosine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Arginine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Histidine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Alanine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Aspartic acid	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Glutamic acid	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Glycine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Proline	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Serine	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
<b>Other</b>													
Alcohol, ethyl	g	29.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002